

# **Mr. Berment's US HEALTH – UNIT 1**

## **NUTRITION & EXERCISE**

**What The Body Needs  
Vs  
What The Body Wants!**

# What The Body Needs?

- Fuel - Good, healthy, organic foods
- Life – Oxygen
- Fluids – Water
- Blood – For body part functioning
- Physical Activity – 30 minutes a day
- Rest – Regeneration and rehabilitation
- Anything Else?

# Morning Run...



# “Food for thought”

If the desire is to eat healthy, or to even find the proper ways to nutrition yourself, the question would be right now is – what are we eating? Is it good for you? What should you buy? Are companies producing what you need? Where can we get the right food? Who is selling/marketing to whom?

# What Should We Eat?

- Foods with or without GMOs?
- Foods high in sugar?
- Foods high in fat?
- Should we plant a lawn or a garden?
- Who can we trust to get us food?

# Who Makes Our Food?

- <https://www.youtube.com/watch?v=dKXqiS7PILs>